



# KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 1

January 2006

Our 23rd Year

## PRESIDENT'S GREETING

Desmond Duncker

On this mid-December morning, I went for a six-mile run through my usual course on Ridgewood Avenue in Glen Ridge. It was bitterly cold, the temperature hovering around 18°. As I am not yet into winter mode, such a temperature keeps me inside most mornings.

Through the winter, though, many of us venture out in the worst of conditions to run. No matter the weather, we like to think of ourselves as in charge of our bodies, as for the most part we are.

But as I ran this morning I was thinking of Karen Mishler. A group of us visited her at Kessler, sang carols, chatted with her and Bill.

This cold and Karen have made me realize that we are not always in control of our environment.

A New Year is just around the corner, and some of us may already be reflecting on our accomplishments and making resolutions. But as we resolve to run faster, longer, or stronger, we may be ill prepared for:

- Ankle sprains caused by hidden potholes or ice patches.
- The biting cold of a 5° morning run in darkness.
- The pressing needs of small children or an impossible work schedule.

I could go on, but we all have these day-to-day difficulties.

When I went back to Jamaica two years ago, I realized that long-distance running is a pipe dream for a person living in Kingston, the capital city, because of crime, lack of sidewalks, and crazy drivers. Most runners pay a fee to run around Mona Reservoir, which is fenced in and guarded.

Imagine having to pay to run outside!

All this brings me to my point: Today, even as I ran in the frigid cold, I enjoyed the feeling that nothing compares with being free to run outside with no fear or hindrance.

So as we resolve to be better runners, let's count our blessings—to be able to get out and feel the pain in our legs, the cold wind on our cheeks, the icy air in our straining lungs. It means we are alive and doing something most people cannot or do not have the will or determination to do.

For me, all I ask for 2006 is that at the end of the year I can still feel and do as I can today, because what we have

*My New Year's Resolution Is to Attend ...*

## **ERC'S NEXT GENERAL MEETING! 7:30 pm, Monday, January 9**

Just Jake's, 30 Park Street, Montclair  
Across From Montclair YMCA

### **Our Speaker**

Rick Pingitore, ERC Member & USATF-NJ  
Men's Long Distance Running Vice Chair, on  
*Grand Prix Racing in 2006*

today is a gift to enjoy. If in the process I run a few more marathons, that is icing on the cake of living a full life!

Happy New Year to all, and I hope to see many of you at the New Year's run starting at Fleet Feet.

## PRESIDENT'S FAREWELL

Anne Chesny

In 1992, Essex Running Club President Lynda Solomon-Hollander persuaded me to come to a meeting at the Nest in Verona. I worked in Montclair and knew many people in the running community through Fleet Feet Sports, but I lived in Hudson County. Apprehensively, I attended my first meeting. Right away, I felt welcome and comfortable.

Larry Hollander then invited me on the ERC board. Getting involved ultimately led to my becoming president, which has been a lot of fun. Thanks, Lynda and Larry, for the encouragement!

Over the years, the Essex club has grown, and it takes a lot of time and effort by a team of officers, board members, and staff to keep the club "running smoothly."

*Thanks to the officers ...*

Outgoing Vice-President Desmond Duncker put in lots of hard work, especially with race results and the computer. Congratulations, Desmond, and good luck to you as you move up to the president position in 2006. Perhaps you'll have to slow down on your marathon endeavors! It's great working with you!

*(Continued on p. 8)*

## ESSEX RUNNING CLUB 2006

### Officers

Desmond Duncker . . . . . President  
Anne Chesny . . . . . Vice-President  
Carl Sturcke . . . . . Treasurer  
Mark Frankel . . . . . Secretary

### Board Members

Catherine Alessi . . . . . Entertainment  
Vince Carnevale . . . . . Honorary  
Phil Coffin . . . . . At Large  
Chris Jaworski . . . . . At Large  
Tom Kelly . . . . . At Large  
Gloria Moore . . . . . At Large  
Lynne Mortimer . . . . . Entertainment  
Gary Peters . . . . . USATF  
Martta Rose . . . . . Fundraising &  
Advertising  
Sal Ulto . . . . . Clothing

### Staff

Chris Jaworski . . . . . Newsletter  
Karen Mishler . . . . . Membership

### Mailing & Editorial Assistance

Donna & Mick Close

### ERC Hall of Fame

Vince Carnevale . . . . . 1995  
Larry Hollander . . . . . 2002  
George Studzinski . . . . . 2002  
Lenore Piccoli . . . . . 2004

### Postal Address

Essex Running Club  
P.O. Box 183, Verona, NJ 07044

### ERC Online

Browse our Web site and obtain our membership application form:  
[www.essexrunning.com](http://www.essexrunning.com)

Join our e-mail group:  
[groups.yahoo.com/group/essexrunningclub](mailto:groups.yahoo.com/group/essexrunningclub)

Send e-mail to the group:  
[essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com)

### ERC Clothing

Order T-shirts, sweatshirts, running singlets, hats, and other club apparel from Sal Ulto: [sulto@att.net](mailto:sulto@att.net)

### Speakers

Submit names of potential speakers for monthly club meetings to Anne Chesny: 201-869-1708

### Newsletter: *Keeping Track*

Submit material by the 15th of each month to the editor, Chris Jaworski: [jawsey@verizon.net](mailto:jawsey@verizon.net)

## ***RUN FOR YOUR LIVES!***

*Keeping Track* has a new editor! Now news will be spotty, race results rife with errors, pages misnumbered, issues tardy, and the newsletter unpleasant all around!

Well, no, not really. Those are just five potential problems that might keep an editor up at night. Rest assured, *most of these will never come to pass.*

After volunteering to succeed Paul Maloney as ERC's newsletter editor, however, I immediately wondered about potential problems six (workload) and seven (time). How would I produce an issue—generally a 10-page issue—each and every month? Would there be enough material? Would I have to make up the difference? How long would I be slaving away writing all that stuff? Should I kiss earning a living good-bye?

I needn't have worried. Publishing the newsletter, Paul reassured me, is less a matter of scrambling for material than of deciding how to fit it all.

You see, *Keeping Track* suffers an embarrassment of riches. Some club members apparently love writing about running as much as running itself, and the result is a steady supply of volunteered columns, calendars, race reports and results, articles, news items, poems, and jokes—more than enough to guarantee us all an overstuffed issue 12 times a year.

These contributions should not have surprised me. In my short time as a club member, I've seen much generosity, volunteerism, caring, community, and rushing in to help. Essex Running Club members really know how to go, yes, the *extra mile.*

Just one such member is Mr. Maloney. Paul kept this newsletter humming for four years, and with editorial wisdom and good grace. Thank you, Paul, for your great work, for providing me with a strong foundation, and for helping to make the Changing of the Editors a smooth transition.

—Chris Jaworski

## **NOTE THESE DATES**

● **Dec 31: USATF Membership Renewal.** USATF memberships expire Dec 31. Renew online ([www.usatf.org/membership](http://www.usatf.org/membership)) or at any championship race. (The Essex Running Club ID number is 246.)

● **Jan 1: New-Age-Group Declaration.** From [www.usatfnj.org/ldr/newagegroup.htm](http://www.usatfnj.org/ldr/newagegroup.htm): "Are you moving into a new age group in 2006 and competing in the ... Grand Prix? Do you want to be the youngest in the new group instead of the oldest in your current division? If you want to be scored in your new age group in the 2006 Grand Prix, you must request this of USATF-NJ and ... CompuScore prior to January 1, 2006. ... Just send an email to [usatfnj@usatfnj.org](mailto:usatfnj@usatfnj.org) and [david@compuscore.com](mailto:david@compuscore.com) asking [for your scoring to begin] after your 2006 birthday [or] send your request [to USATF-NJ, P.O. Box 330, Boonton, NJ 07005]." See the Web page for further details and caveats.

● **Jan 1: Fleet Feet New Year's Day Run, 8:00 am.** John Fabbro will host a New Year's Day run starting at his Fleet Feet store. His plan is for runners to begin at 8:00 am on a course similar to one taken in years past—north from the store and back south on Highland Avenue, across Bloomfield Avenue to Lloyd and up Snake Hill to Highlawn Pavilion and the 9/11 Memorial in Eagle Rock Reservation. Stopping there will provide a chance for some reflection; in the past, there has been some group conversation about hopes for the new year, and it has been a hit from all I've heard. The course is a challenging 6 to 7 miles, but it can be a great way to begin the year. John will have everyone back to the store after the run for bagels, juice, etc. I told him we could help out with water on the course. It would be good if we could give him a head count the week before the run so he can plan accordingly. —Phil Coffin

● **Jan 3: Early-Bird Discount, USATF-NJ Awards Banquet.** Several ERC members expect to receive awards, so come celebrate at Pines Manor in Edison, Saturday, Jan 21! Cocktail reception, dinner, dance party, great raffle prizes. \$47 until Jan 3; \$57 Jan 4-16; no reservations thereafter. Reservation form at [www.usatfnj.org/Banquet/2005Banquet.html](http://www.usatfnj.org/Banquet/2005Banquet.html). Afterparties anticipated! Call Clarion Hotel next door (732-287-3500) before Jan 11 and mention "USA Track & Field Awards Banquet" to reserve a room for the night (special rate of \$99 includes continental breakfast).

## WEEKLY RUNS: WINTER 2006

Day	Time	Location/Run
Tue	7:00p	(○) Verona Middle School Track
Thu	7:00p	(○) Verona Middle School Track
Sat	9:00a	(*) Winter Weekend Run: (♥) Hosted Run (or Road Trip) or (▲) Trail Run
Sun	7:00a	(+) Grove Pharmacy (Grove Street Long Run)
	9:00a	(*) Winter Weekend Run: (♥) Hosted Run (or Road Trip) or (▲) Trail Run

(○) **Verona Middle School Track.** *Tuesdays & Thursdays at 7:00 pm.* Meet at track behind Verona Middle School (600 Bloomfield Avenue). Take either Gould Street or Park Place (both off Bloomfield Avenue) to get to track.

(\*) **Winter Weekend Runs.** *Saturdays/Sundays at 9:00 am.* This year we're experimenting with the format of our winter weekend runs—alternating our traditional "hosted runs" with our newer, popular West Essex Trail runs. Some weeks, an ERC member will host a Saturday morning run, in which case the trail run will be on Sunday; other weeks, the schedule will be reversed (trail run on Saturday, hosted run on Sunday). We're also hoping members will mix in a few road trips for, say, runs in parks and reservations in the tristate area.

(♥) **Hosted Run (or Road Trip).** To schedule a hosted run or road trip, pick an open Saturday or Sunday (see below) and send event details to Paul Maloney at [EssexNewsMaloney@aol.com](mailto:EssexNewsMaloney@aol.com) (through February 2006). Paul will schedule your event, schedule a trail run for the day before or after, and submit all information for inclusion in *Keeping Track*. If hosting from home, please plot out a 3- to 6-mile out-and-back course and plan on providing a light breakfast after the run. Some ERC members have hosted runs from places other than home (e.g., restaurant, bagel shop).

**Open Dates:** January 28/29; February 4/5, 18/19, 25/26.

**Dec 31, Sat**—Rest up this morning so you'll be ready for the Runner's World Midnight Run. Call Tom Kelly for details on running in Central Park to ring in the New Year.

**Jan 1, Sun**—**New Year's Run to 9/11 Memorial, Eagle Rock Reservation.** Details, p. 2.

Jan 7, Sat—West Essex Trail

**Jan 8, Sun**—**Paul Maloney (973-226-0268).** 70 Smull Avenue, Caldwell. From Bloomfield: Take Bloomfield Avenue to Caldwell and turn right (near theater/bank/photo store/diner) onto Smull Avenue. Number 70 (beige house, green shutters) is ¼ mile down the road, on the right. Park on Myrtle Avenue, across the street (there is no parking in the area around my house).

**Jan 14, Sat**—**Brookdale Park.** Meet in upper parking lot, run loops around park or on track, tailgate party afterward.

Jan 15, Sun—West Essex Trail

Jan 21, Sat—West Essex Trail

**Jan 22, Sun**—**Road Trip/Club Race: NYRR Frostbite 10-Miler.** Race begins at 9:30 am. Carpool leaves from parking lot across from Grove Pharmacy at 7:30 am. Race preregistration recommended; register by Jan 8 for \$3 discount; online registration available. If you don't want to run the 10-Miler, come along anyway and run on your own. For updates, check e-mail group.

(▲) **West Essex Trail Run, Verona.** Meet near tennis courts in Verona High School parking lot at corner of Fairview Avenue and Sampson Drive (Sampson is one-way, so approach from Grove Avenue). The trail's round trip from Verona to Little Falls is approximately 6 miles. Mile markers are attached to trees. In case of snow, rain, or mud, the meeting place is the same, but we will probably run a street course instead.

(+) **Grove Pharmacy (Grove Street Long Run), Montclair**

*Sundays at 7:00 am.* Meet at Grove Pharmacy (123 Grove Street) for runs of 4 to 20+ miles. We will try to find a pace and a distance for you (inquiries e-mailed ahead of time will be of help).

**CONFIRMATION:** Wondering if anyone will show up for a run during a snowfall? Don't want to be left out in the cold? Contact the e-mail group to get the scoop on attendance, conditions, alternative plans.

**YAHOO E-MAIL GROUP:** Join at [groups.yahoo.com/group/essexrunningclub](http://groups.yahoo.com/group/essexrunningclub) and then send e-mail to [essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com).

### ERC CLOTHING

See T-shirts, sweatshirts, running singlets, hats, and other club apparel either online ([www.essexrunning.com](http://www.essexrunning.com)) or at monthly club meetings. Between meetings, send queries and orders to Sal Ulto at [sulto@att.net](mailto:sulto@att.net). ERC obtains clothing at close to cost and passes the savings along to its members.

#### *Our Winter Wear Is Guaranteed to Warm the Cockles of Your Heart*

Long-Sleeved T-Shirt . . . . . \$12  
*Red or White*

Medium-Weight Sweatshirt . . . . \$20  
*Red or Black*

Black Knit Winter Cap . . . . . \$10

*Each item features the ERC logo and is available in all sizes.*

#### **Better Red Than Last Place?**

Why wear red and white—the colors of the club? 1. Team identity and pride. 2. Ease of spotting ERC members before, during, and after races. 3. *Victory!* As reported in the Jan 2006 issue of *Runner's World*, "two British anthropologists claim that athletes dressed in red are more likely to win events than athletes wearing other colors." Source: *Nature*."

### COACHING

Coach Joel Pasternack holds weekly speedwork sessions at the Brookdale Park track, Bloomfield/Montclair. For details on methods, dates, times, and rates, contact Joel at 973-773-2082, 973-919-1430, or [joelrun@aol.com](mailto:joelrun@aol.com).

*Named 2005 Cross-Country Coach of the Year by the New Jersey State Inter-scholastic Athletic Association.*

### ERC DISCOUNTS HERE

#### **The Bikery**

127 Valley Road, Montclair  
973-744-7252

#### **Fleet Feet Sports**

603 Bloomfield Avenue, Montclair  
973-509-9707  
[www.fleetfeetmontclair.com](http://www.fleetfeetmontclair.com)

#### **Sneaker Factory**

308 Millburn Avenue, Millburn  
973-376-6094  
[www.sneakerfactory.com](http://www.sneakerfactory.com)

## AT THE RACES WITH MICK CLOSE

### USATF–NJ Grand Prix

The 10-Miler was a great finish to our best year ever in the overall team competition as we pulled further ahead of arch rival Clifton and several other teams to solidify our 4th-place standing. Many thanks to all the ERC members who supported our teams in 2005 and helped us achieve this excellent result!

The final Grand Prix standings have been announced:

<i>Pl</i>	<i>Team</i>	<i>Pts</i>
1.	Morris County Striders	577
2.	Raritan Valley Road Runners	546
3.	Sneaker Factory Road Racers	369
<b>4.</b>	<b>Essex Running Club</b>	<b>150</b>
5.	Clifton Road Runners	117
6.	Central Jersey Road Runners Club	99
7.	Shore Athletic Club	87
8.	Warren Street Social & Athletic Club	78
9.	Fleet Feet Racing Team	76
10.	Running Company	50
11.	Mizuno Runner's High	30
12.	North Jersey Masters	19

Championship races are set for 2006. The slate is similar to last year's, except the Equinox 20K is not being held, and the Portugal Day Run in Newark replaces the Ridgewood Run as the Masters Women 5K Championship.

The first championship race is the Newark Distance Classic, Sunday, March 5. Then come the Cherry Blossom Run and Run for Rachel, both in April.

The complete schedule of 2006 championship races appears with the Race Calendar on page 10, but here we mention those being held the first half of the year (note the rumor that the Midland Run has been canceled; details next issue):

3/5	Newark Classic	All Divisions 20K
4/9	Cherry Blossom	Open Women 10K
4/30	Run for Rachel	Open Women 5K
5/7	Our House	Masters 5M
<del>5/21</del>	<del>Midland Run</del>	<del>All Divisions 15K</del>
6/11	Portugal Day	Masters Women 5K
6/19	President's Cup	Open Men 5K

We plan to continue our participation in team competitions in 2006 and would encourage you to become a USATF member so you can run with our ERC teams. USATF membership also entitles

you to other benefits, including entry-fee discounts on many New Jersey races and automatic entry into the Grand Prix. You can join USATF online ([www.usatf.org](http://www.usatf.org)) or at any championship race. (The Essex Running Club ID number is 246.) Please e-mail or call Gary Peters or me (contact information below) if you have any questions or would like to run on an ERC team. We also hope you'll come listen to Rick Pingitore speak at our January 9 meeting (see p. 1). Rick will talk about USATF, explain the Grand Prix competition, and answer questions. As rule changes are planned for 2006, even our experienced USATF runners may not want to miss this meeting.

Gary Peters     [gary.peters@kraft.com](mailto:gary.peters@kraft.com)  
 973-503-2442 *work*  
 908-665-1580 *home*

Mick Close     [mickclose@aol.com](mailto:mickclose@aol.com)  
 973-857-3612 *home*

### Ashenfelter 8K Classic

*USATF–NJ Open 8K Championship, Nov 24.* We had our usual large turnout for the annual Glen Ridge A8K Thanksgiving morning—about 50 club members (including several age-group award winners) among almost 1000 finishers. We also had several teams competing in the USATF Open 8K Championship. Our men's and women's A teams both finished 5th. Many other club members either volunteered or cheered runners on. The A8K has become a really nice event—an excellent race plus pre- and postrace festivities in the Glen Ridge High School. The club also rallied at this race to send a huge get-well wish to Karen Mishler. Many thanks to Genie Temmler and others for organizing the buttons, cards, and group photo.

28:33	Rick Pingitore (2nd in age)
28:57	Rollin K. Deas (2nd in age)
29:48	Bob Carrigan
30:33	Charlie Slaughter (1st in age)
31:43	Gary Peters (2nd in age)
32:26	Jeff Burrows
32:27	Phil Coffin (4th in age)
32:31	Larry Czaplewski
33:11	Mick Close
33:24	Steve Fleisig
33:37	Mark Frankel
33:43	Ron Wolfson

33:47	Doug Williams
33:50	Peter Connell
34:38	Ken Simon
34:46	Rebecca Rossi (4th in age)
34:50	Eric Stadnyk
35:50	Sharon Morrissey
36:41	Megan Brady (4th in age)
36:56	Rich Unis
37:03	Bob Gorman
37:11	Tom Kelly (5th in age)
37:12	George McIntyre
37:20	John Fabbro
38:27	Lynne Mortimer (4th in age)
38:34	Chris Jaworski
39:16	Jolynda Burton
39:43	Bill Wilde
39:52	Marty Baum
39:57	Rollin E. Deas
40:17	Aubrey Blanda
40:29	Martta Rose
40:39	Carl Sturcke
40:41	Andrea Robik
40:51	Greg Van Inwegen
41:06	Leslie Emmons
43:50	Mellie Torres
44:51	Robert Lewin
45:47	Eileen McGovern
46:42	Val Kenny
46:50	Laura Messina
47:37	Dave Benfield
47:46	Cathy Alessi
48:08	Robyn Silverman
48:15	Ann Murphy
48:53	Bill Mishler
48:53	Charlie Lorber
49:44	Joan Perzanowski
50:13	Jeff Matthews
50:25	Amy Ulto
59:41	Ginger Brock

### USATF–NJ 10-Miler

*Championship Race, Dec 11.* We took a nice trip down to Mercer County Park in West Windsor for this final championship race of 2005. The course was changed because of snow that had fallen earlier in the week (some people thought that the altered course was long and that some of its mile markers were off). Sixteen club members ran, and our teams turned in probably their best performance of the year. It was a great day for our women's team: 5 runners among the top 20 women, plus 3rd-place finishes in the open and masters 40+ division. It was especially nice to see Rebecca Rossi pick up a medal for a top-10 finish on a day when nothing else seemed to be going right for her, while Lynne Mortimer rounded out a great year with 2nd in her age.

Meanwhile, the strong performance of our men's team was led by Charlie Slaughter, with another 1st-in-age finish, and Gary Peters, not far behind. Next up was Glenn Trimboli, who threw in his usual fast last mile (now termed a *Trimboli*) to pull ahead of Phil Coffin (who had paced him most of the way) and then edge past Larry Czaplewski (coming back from knee surgery). Our men's masters 50+ team finished 3rd, our open team 6th, and our masters 40+ team 4th.

1:05:06	Charlie Slaughter (1st in age)
1:05:52	Gary Peters (4th in age)
1:07:51	Glenn Trimboli
1:07:56	Larry Czaplewski
1:08:06	Phil Coffin
1:09:26	Mick Close
1:12:15	Doug Williams
1:13:51	Rebecca Rossi (10th woman, 4th age)
1:17:27	Sharon Morrissey
1:18:27	Maria Imas
1:18:34	Lynne Mortimer (2nd in age)

1:19:15	Tom Kelly
1:19:26	Susan Mello
1:25:02	Martta Rose (PR by 11 minutes!)
1:25:34	Chris Jaworski
1:30:04	Andy Kotulski

### Upcoming Races in Jan/Feb

There isn't much activity in our area during the winter months, unless you want to head over to Central Park for the almost weekly New York Road Runners races or down the Parkway and Route 9 to Michael J. Tighe Park in Freehold for the Winter Race Series organized by the Freehold Area Running Club.

Last year, when the Gates Project was up in February, we had a nice trip into the city for the Al Gordon 15K. This year, we're planning a similar venture for the aptly named Frostbite 10-Miler on Sunday, January 22. Check out the Winter Weekend Runs section on page 2 for more information.

An indoor track meet at the Jersey City Armory on Sunday, February 12, might provide a nice alternative for anyone looking for some high-intensity track work. There are 1500- and 3000-meter races, plus Randy Miller wants to organize relay teams. For more information about the meet, e-mail Randy (earmill@optonline.net).

### Race Applications

Race applications for club races, team races, and many other races are usually available at our monthly club meetings and in *Metro Race Forum*. You can also find many race applications on the Internet (www.compuscore.com and elsewhere). Online registration (www.active.com) is also possible for many races. Our very own Race Calendar (p. 10) is a comprehensive compilation of upcoming-event information from a variety of sources.

## AT THE FINISH LINE

<b>Morris Mauler XC 5K (Spring)</b>	<b>May 8</b>
Chris Jaworski . . . . .	27:26
<b>Liberty Waterfront Half-Marathon</b>	<b>Sep 25</b>
Joan Perzanowski . . . . .	2:21:04
<b>Toronto Scotia Bank Marathon</b>	<b>Sep 25</b>
Aubrey Blanda . . . . .	4:21:01
<b>NYRR Grete's Great Gallop (13.1 M)</b>	<b>Oct 2</b>
Tom Daniels . . . . .	1:39:12
<b>NYRR Staten Island Half-Marathon</b>	<b>Oct 16</b>
Tom Daniels . . . . .	1:42:09
<b>Long Branch Trick or Trot 4-Miler</b>	<b>Oct 23</b>
Catherine Alessi (PR) . . . . .	37:57
<b>Dover Renaissance 5K</b>	<b>Oct 29</b>
Chris Jaworski . . . . .	23:29
<b>NYRR Poland Spring Marathon Kickoff (5M)</b>	<b>Oct 30</b>
Tom Daniels . . . . .	35:22
<b>Hashathon 8-Mile Trail Race</b>	<b>Nov 13</b>
<i>Frolicking in the woods, Cheesecake State Park</i>	
Megan Brady . . . . .	58:18
Chris Jaworski . . . . .	1:04:16
<b>Goose Island Turkey Trot 8K, Chicago</b>	<b>Nov 24</b>
Tom Daniels . . . . .	36:31

<b>Westfield 5-Mile Turkey Trot</b>	<b>Nov 26</b>
<i>Huzzah! It was a great morning for our merry band of 5 runners—3 won age-group awards, and 4 set PRs.</i>	
Charlie Slaughter (1st in age, age PR) . . . . .	30:12
Lynne Mortimer (1st in age, PR) . . . . .	37:11
Tom Kelly (2nd in age) . . . . .	37:12
Chris Jaworski (PR) . . . . .	38:14
Martta Rose (PR) . . . . .	40:26
<b>Jingle Bell 5K, Franklin Lakes</b>	<b>Dec 3</b>
<i>Up up up to ~2.25 miles—and then down! This fun and well-attended but challenging holiday run was very much in the spirit of the season—the temperature was around freezing, snow flurried just before the start, runners wore bells on their shoes and jingled all the way, Santa led a group of youngsters in a Fun Run, and, after the racing, there was a great spread of food and hot chocolate and coffee and tea indoors.</i>	
Charlie "Rudolph" Slaughter (2nd in age) . . . . .	19:25
Lynne "Dasher" Mortimer (1st in age) . . . . .	23:09
Chris "Comet" Jaworski . . . . .	23:17
Catherine "Blitzen" Alessi . . . . .	30:47
<b>NYRR Holiday 4-Mile</b>	<b>Dec 3</b>
Tom Daniels . . . . .	28:59
<b>Seton Hall Open Indoor Track Meet, 3000 Meters</b>	<b>Dec 4</b>
<i>Always humbling to run against the college kids</i>	
Gary Peters . . . . .	11:11

## RACE RESULTS AND ANNUAL AWARDS

### 2005

Only race results printed in "At the Races" or "At the Finish Line" will be used to determine which ERC members will receive the illustrious, awe-inspiring, and generally coveted Essex Running Club Annual Awards! These awards will be presented at an upcoming monthly meeting. Will you receive an award? Find out at the meeting!

Do you have any 2005 results to tell us about? Want to enter them into consideration for the Annual Awards? First double-check to make sure those results were not already published in "At the Races" or "At the Finish Line."\* Then e-mail them by **January 15 (final deadline)** to jawsey@verizon.net. They will be included in the February issue of *Keeping Track* and added to all the results used to determine the awards.

\*You don't want your results to count double, do ya?

### 2006

For you stalwart winter racers, soon it will be time to begin submitting 2006 results. So run, report back, and rest (not necessarily in that order)!

## Karen and Bill

By now most of you have heard about Karen Mishler's unfortunate bike accident or have seen various e-mails or postings on the club Web site. She was moving to Kessler this week for four to six weeks of rehab, having had an experimental operation last week that holds out some hope of continued improvement in her upper-body strength and movement. Good news came last week, Bill said on Sunday morning at the pharmacy: she had held a cup on her own to take a drink.

Karen and Bill's situation has been on the minds of a lot of Essex people since her accident. But I realized that a good number of the people who make up our little community don't know Karen, or don't know her well, or don't know how active and vibrant she has been. I don't presume to know Karen well, but I know enough about her to be impressed.

Karen and Bill were among the original club members 22 years ago. She was quite a good racer back in the day, Bill says, often one of the top couple of women in local races. At some point Karen had had enough of racing—heresy to many of us!—and stopped for all but the very occasional event. It's hard for some of us to imagine that, how you'd maintain the motivation to run day after day without that carrot in front of you (or stick behind you), but Karen did. She was a faithful runner, and we'd often see her on Sunday mornings in the vicinity of Mount Hebron and Upper Mountain, challenging the hills as part of her weekly solo 10-miler.

She was not just a runner, though, as Glenn can attest; he can't count how many early mornings he's seen Karen zipping around Brookdale Park on her bike. And she's joined Bill for parts of his weeklong bike tours in recent years.

She was about as fit as fit can be, all while continuing to work in Manhattan (even after Bill stopped working so he could enjoy one of the most active retirements you'll ever hear about—his own substantial injuries notwithstanding).

Now, in this time of trial, Karen's fitness may matter most of all. Her surgeon at UMDNJ, Dr. Heary, also performed the surgery on Laura's back 2½ years ago. Laura, who thinks highly of Dr. Heary, says he has great regard for his patients who have worked to remain fit and healthy, who think good health is their own task, not a doctor's. By starting from a peak of fitness, their chances for recovery are certainly better.

Bill's reports of Karen's upbeat response to her accident and condition are amazing. It's a testament to her faith and her strength of character that Karen is beginning this effort realistically but very positively. I'm impressed by that ability more than any marathon effort or mega-mileage training week or big track workout.

Like you, I'm pulling for Karen's recovery with all the spiritual backing I can muster. She and Bill deserve much better than her current straits. I hope that at some point there is something I/we can do to help the Mishlers as she undertakes the struggle with her injuries. And while I hope

the rest of us never have to do such battle, perhaps we can draw strength and lessons from her ability to make the fight.

Howie has reminded me and others on a couple of occasions in the past week to maximize the days and joys we have in hand, as we never know what lies ahead. We've learned that lesson, from a friend's hardship, all over again.

—Phil Coffin

Phil, you have put into words what all of us feel. In my case, Karen was one of my main inspirations years ago to keep running no matter how slow I was. On group runs, she would always run with me in the back of the pack. We all feel Karen is a very special person and will overcome.

—Larry Hollander

## Coach Pasternack, Jenn Ennis, and Rollin Deas Receive Honors

- Kudos to our favorite running coach, Joel Pasternack, named 2005 *Cross-Country Coach of the Year* by NJSIAA (New Jersey State Interscholastic Athletic Association) for leading the gals of Glen Ridge to their first qualifying berth in the North Jersey, Section 2, Group 1 meet. Three years ago, Glen Ridge did not even have a cross-country program! This year, Joel led the team to 5th place in its section and an automatic bid to the state meet (unfortunately, because of illnesses, the minimum 5 runners could not be fielded). Next year, I'm sure Joel will have his team primed for another winning season.

- Former ERC member Jim Ennis's daughter Jenn, now a senior at Roxbury High School, made the All-State Girls Cross-Country First Team. I'm sure many of our longer term members can remember struggling to keep up with the 12-year-old Jenn when she joined her dad at some of our Thursday-night group runs. Jenn placed 8th at the Meet of Champions with an 18:36 5K and 18th in the Northeast Regional with an even better 18:29.9.

- On December 9, *Star-Ledger* running columnist Jim Lampert referred to Rollin Deas as an "unsung leader." Lampert reported that, though Rollin didn't win any major titles this season, he provided "steady, senior leadership" and led his Verona High School teammates with consistently strong performances. With a 16:35:2, Rollin placed 11th at the Essex County Championships and helped VHS finish 7th in the 18-team race. Next came a 17:25, good for 5th place at the Colonial Hills Conference Championship (VHS finished 6th). At the North Jersey Section 1, Group 1 meet at Garrett Mountain, West Paterson, Rollin's 18:03.9 was good for 10th place and helped VHS take 2nd place behind defending champion Kinnelon. The result: a berth for VHS in the state Group 1 race, where it finished 4th, led again by Rollin, 17:23 (5th place). Rollin thereby qualified for the Meet of Champions, where he placed in the top 100 of the 184-runner field. It's certainly an honor and an inspiration to have such a fine young man representing VHS ... and, unofficially, the Essex Running Club. Even prouder, I'm sure, is his dad.

—Tom Kelly

## The Tale of a New Race Director

Aubrey Blanda

Last March, when I was trying to convince my friend Rose Shaw to run her first race with me—the Morristown St. Patty's Day 5K—I never imagined that my nagging and begging would lead to my directing a race of my own!

A few months earlier, I had met Dan Murphy at a Glen Ridge dog park. I knew Dan ran, but only that day did I learn he directed the Ashenfelter 8K Classic (A8K), the immensely popular annual Thanksgiving Day race in Glen Ridge (I later learned he was also one of the top runners in his age group in New Jersey). During our many conversations at the park, Dan vaguely mentioned wanting to design a race course that started at the Montclair Art Museum.

In Morristown, I finished the 5K and joined Rose's husband, Dan Shaw, in cheering Rose on. Dan is Development Director of Goodwill Rescue Mission, a homeless shelter, food pantry, and drug and alcohol rehabilitation center that has operated out of Newark since 1896. As Rose crossed the finish line, victorious in the frosty air, a light bulb went on above Dan's head: *Goodwill ... 5K ... Goodwill 5K!*

Dan Shaw's notion of producing a 5K as a fundraiser for Goodwill lit a bulb above *my* head: *Goodwill 5K ... Montclair Art Museum ... Dan Murphy ... I've got to get the two Dans together!*

So I introduced them and tried to duck out of the picture and let them get to work. Alas, I did not duck fast enough! Murph had to excuse himself because the proposed Goodwill dates were right around the time of the A8K, and Shaw did not run and was not familiar with road races. That left yours truly. There was just one small problem: Although I am a runner, I didn't know anything about producing a race! Fortunately, Shaw had a lot of fundraising experience, and Murph would be able to assist me with race directing.

Work on the November 19 Goodwill race began in April.

First we had to convince the folks at the Montclair Art Museum to host a bunch of sweaty runners. Although an event such as ours had never been held there before, the museum reps were enthusiastic about taking a chance, and a contract was quickly drafted.

Then we turned to fundraising and sponsorship solicitation—by far the most difficult, time-consuming aspects of the job. I was amazed at the generosity of so many people, especially with all the competition for charity dollars this time of year. Starbucks, Whole Foods Market, and Bloomfield's Best Bagels, for example, agreed to provide enough for hundreds of people in return simply for having their names printed on race T-shirts. Most donors, even at big chains such as Williams-Sonoma, showed a genuine desire to help raise money for the services of Goodwill Rescue Mission.

Through the summer, our to-do list expanded. Applications and T-shirts (beautifully designed by Dan Murphy) were ordered, items for awards and race bags picked up, race bags filled, registrations entered and filed, trophies purchased, money raised, police hired, and so on. Each new task was a learning experience for me.

As race week approached, my anxiety mounted. In a recurring dream, I was directing a 5K in July, it was snowing hard, and everyone was yelling at me. In waking life, I developed an eye twitch and considered fleeing to Canada. I began to wonder about the worst that could happen. Would we get torrential rains on race day? Would the Goodwill 5000 Meter Run become a one-time event? I decided I could live with those outcomes. Besides, I had no time to worry—the detail work was growing exponentially!

Fortunately, donations and volunteers were emerging in cosmic counterbalance to tasks. The place of the water donor who backed out with two weeks to go was taken by Water Depot of Pompton Plains just two days before the race—saving Goodwill the several-hundred-dollar expense of buying water. The Depot rep just happened to be contacting race directors to promote his purified water! Similarly, massage therapist Susan van Zoeren discovered the race at the last minute and agreed to give free postrace massages.

All of a sudden, race day arrived! Ack! Would anyone come? I woke at 4:00 a.m. and tried to relax in bed until 5. After loading the registration materials into the car, I finally headed over to the museum at 6. Cars were already in the lot—yes! I spotted Dan and Rose Shaw and about 25 men from Goodwill Rescue Mission, all ready to work. The sun was rising over crisp, cool air—perfect weather for running.

Volunteers arrived soon after. Rose Shaw, Fleet Feet owner John Fabbro, and Essex Running Club members Mark Frankel, Lynne Mortimer, Joan Perzanowski, Martta Rose, and Bev Salerno began filling the empty museum hall with registration tables and sponsors' promotional materials. (Bev helped and then ran the race!) Dan Murphy, Dan Shaw, and ERC member Tom Kelly were outside setting up the course and the finish line and positioning Goodwill Rescue Mission volunteers along the route.

By 8:00, race day registrants packed the hall. Outside, the 1-mile Fun Run began to the delight of about 40 participants. In charge of the Fun Run, ERC member Desmond Duncker directed the turnaround and managed the volunteers from the Montclair High School Key Club.

Just before 8:30, I discovered the joy of using a bullhorn when I urged more than 300 5K runners to the starting line. Then the gun popped and—wow, this was really happening!

The overall men's winner, 22-year-old Billy Bludgus, crossed the finish line in 16:09. (I almost wished he would run slower—I didn't want my months of work to end so quickly!) The last 5K participant, 89-year-old ERC member Vince Carnevale, finished in 1 hour 1 minute.

By the time the awards ceremony commenced, the beautiful weather, great turnout, fantastic volunteers, and lack of major problems had me floating on air.

Eighteen ERC members ran the Goodwill 5000. I was honored to give trophies to seven of them!

Now it's time to start thinking about the Goodwill 5000 Meter Run 2006!

*President's Farewell (Continued from p. 1)*

Treasurer Carl Sturcke effortlessly "keeps track" of club expenses and keeps the club afloat. Carl, you're a pleasure to work with. We'll keep you forever!

Secretary Mark Frankel helps keep us organized and up to date, especially at board meetings. Mark contributes much to the club and writes great, insightful articles!

*Thanks to the board members ...*

Catherine Alessi and Lynne Mortimer of the Entertainment Committee coordinated the great Holiday Party at Cleveland's Tap Room on December 5! (Also thanks to Annie Sez, Fleet Feet, Grove Pharmacy, Joel Pasternack, Mandeas, and the Running Company for contributing the prizes raffled off at the party and to club members for donating to Goodwill Rescue Mission and Karen Mishler!)

Howie Brown is retiring from handling clothes sales, the hardest "physical job" at ERC. Howie towed club clothing back and forth to many meetings over the years!

Honorary board member Vince Carnevale is our inspiration. We are lucky to have Vince, a 75-year running legend, to encourage and support us!

Tom Kelly and Martta Rose are a fixture at many races. Whether talking up ERC, drumming up membership, or organizing River to Sea Relay teams and the Verona Labor Day Classic, they do a great job promoting the club!

Veterans Gary Peters and Mick Close have helped put Essex on the USATF map! Year after year, we've been moving up the ranks, and we continue to be contenders on both the men's and women's sides. Let's go in 2006!

Sal Ulto, who is stepping into Howie's shoes, has given us great new clothing ideas and great advice!

Steve Wismuller gave us legal advice and worked on our Web site the first half of 2005. We're sad to see Steve and his wife, Lauren, move out of the area. Good luck!

*And thanks to the staff ...*

Newsletter Editor Paul Maloney worked hard to make sure *Keeping Track* arrived at your door every month. Paul, assisted by Mick Close ("At the Races" and the in-depth Race Calendar), kept our newsletter No. 1 in New Jersey!

Donna Close not only folded, stuffed, and mailed the newsletter each month, but she has been a longtime contributor to "Poetry Corner"!

Robin and Mike Kantor of PIP Printing printed the newsletter and club fliers, often on very short notice!

Finally, Karen Mishler did a great job handling membership responsibilities. Karen has kept the club membership list current as well as private for all these many years!

*Thanks again to the officers, board members, and staff for all their hard work and support of the club in 2005!*

Get involved and participate—you never know where it might lead!

To all, thank you for allowing me to be Essex Running Club president the past five years. I enjoyed working with everyone, but especially Paul Maloney, Jim Hornecker, and Desmond Duncker—the three vice-presidents who served during my term. It was a great learning experience, and I truly enjoyed the ride!

Have you attended any of the fantastic runs being hosted by ERC members this winter? See page 3 for what's on tap. To host a run, e-mail Paul Maloney (EssexNewsMaloney@aol.com).

**Excerpt From *Long Quiet Highway***  
(Natalie Goldberg, Bantam Books, 1993)

There is an order of Buddhist monks in Japan whose practice is running. They are called the marathon monks of Mount Hiei. They begin running at one-thirty A.M. and run from eighteen to twenty-five miles per night, covering several of Mount Hiei's most treacherous slopes. Because of the high altitude, Mount Hiei has long cold winters, and part of the mountain is called the Slope of Instant Sobriety; because it is so cold, it penetrates any kind of illusion or intoxication. The monks run all year round. They do not adjust their running schedule to the snow, wind, or ice. They wear white robes when they run, rather than the traditional Buddhist black. White is the color of death: There is always the chance of dying on the way. In fact, when they run they carry with them a sheathed knife and a rope to remind them to take their life by disembowelment or hanging if they fail to complete their route.

After monks complete a thousand-day mountain marathon within seven years, they go on a nine-day fast without food, water, or sleep. At the end of the nine days, they are at the edge of death. Completely emptied, they become extremely sensitive. "They can hear ashes fall from the incense sticks ... and they can smell food prepared miles away." Their sight is vivid and clear, and after the fast they come back into life radiant with a vision of ultimate existence.

I read about these monks in a book entitled *The Marathon Monks of Mount Hiei*, by John Stevens (Shambhala, 1988). It was just before I went to teach the first of four Sunday afternoon writing seminars at The Loft in Minneapolis. I was excited by what I read and naturally I wanted to share it. I stood behind the podium and carried on to fifty Midwestern writers and would-be writers about how the monks became one with the mountain they ran on, how they knew the exact time each species of bird and insect began to sing, and when the moon rose, the sun set, the wind changed direction. ...

Why do the marathon monks go to such extremes? They want to wake up. That's how thick we human beings are. We are lazy, content in our discontent, sloppy, and asleep. To wake up takes the total effort that a marathon monk can exert. I told my class on the last day of the four-week seminar, "Well, you have two choices: Mount Hiei or writing. Which one will you choose? Believe me, if you take on writing, it is as hard as being a marathon monk." ...

Yes, writing can do this for us, but becoming awake is not easy. One must be persistent under all circumstances and it is not always exciting. It is hard. It is a long quiet highway.



## Holiday Party

There was plenty of good food and good friends at the 2005 Holiday Party at Cleveland's Tap Room in West Caldwell on December 5. Decorated for the season, the setting was perfect!

We all filled up on a delicious variety of food, from assorted cheese and fresh fruit to mixed green salad, penne with vodka sauce, eggplant rollatini, chicken francese, grilled salmon, shrimp in garlic sauce, roasted potatoes, mixed sauteed vegetables, a cake topped with the ERC logo, cookies, and more fresh fruit.

Everyone enjoyed sharing running stories and wishing one another a happy and healthy holiday season.

We thank everyone who attended and helped with donations to Goodwill Rescue Mission and Karen Mishler. We also thank Desmond and Anne for running the raffles so we could all have some additional fun and Mick, Donna, and Paul for coordinating the newsletter flier and mailing for the party.

—Catherine Alessi, Lynne Mortimer

## POETRY CORNER Donna Close

### Christmas Card

Christmas came too soon this year,  
For my thoughts are still in July!  
Those bluer days of summer  
Could never have passed me by!  
When is the Town Pub race to be?  
I wouldn't have missed that one!  
With snowflakes falling at my feet  
The streets are difficult to run!

Where have the leaves on the trees gone,  
And why is the wind so cold?  
Why can't I recall Central Park's Back to Work?  
Might it be I'm growing old?  
Where is the Philly Half-Marathon?  
Or Verona's Labor Day at the green?  
How can it be December when  
It is not yet Halloween?

Oh, I must have tumbled sound asleep  
In the springtime's pinky glow,  
Crickling pages of *Runner's World*  
Under two and a half inches of snow!  
Whatever happened at Giralda Farms?  
How do I face the fact I wasn't there?  
Guess I'll find out at the Essex Running Club  
When I see all the gang next year!

But say, let me wish you a Merry Christmas  
Before this year comes to a close!

I hope Santa brings you a personal best  
And a warm pair of runner's hose!  
... And if you keep New Year resolutions,  
Jot one in your diary for me.  
I'll honestly try to log in more miles  
And together, maybe we can run D.C.!

*"Christmas Card," one of Donna's older poems, was originally published in 1997 in A Curious Air, her second booklet of poetry for runners.*

## ASHCAN RUNNER Vince Carnevale

### Kids Are Funny!

What would you do if you're trapped in a candy store? *Grab a lifesaver!*

What do space aliens eat for breakfast? *Flying sausages!*

What is the tallest building in your city? *The library—it has the most stories!*

What did one library book say to the other? *Can I take you out?*

Why do clocks seem so shy? *Because they always have their hands in front of their faces!*

What did the knife say to the other knife? *You're looking sharp today!*

Ciao!

## Will You Receive the February Issue of Keeping Track?

Do you know where and when the next club run will be? The next club activity? The next race? If you depend on *Keeping Track* for all the latest ERC news, it's time to renew your membership for 2006. If you haven't done so already, please mail your renewal form and check today to keep *Keeping Track* coming!

✂ ----- ✂

ESSEX RUNNING CLUB		2006 MEMBERSHIP APPLICATION (JOIN OR RENEW)	
<i>Individual</i>			
Name		Date of Birth	
Street			
City, State, Zip			
Home Phone		Work Phone	
E-Mail			
<i>Family</i>			
Spouse Name		Date of Birth	
Work Phone			
E-Mail			
Annual Dues (Check One)	<input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family <i>Individual + Spouse</i>		Our membership year runs from January through December. <b>New Members</b> Your first year may not be a full year. If you join after September 1, however, your membership will carry over to include all of the following year. <b>Current Members</b> Renew by February 1 to avoid an interruption in delivery of your newsletter, <i>Keeping Track</i> .
Make check payable to <i>Essex Running Club</i> and mail with form to Essex Running Club, P.O. Box 183, Verona, NJ 07044-0183.			

## 2006 RACE CALENDAR: JANUARY–APRIL

*Compiled by Mick Close. Club/Team races in **bold print**. Some dates and times tentative—call to confirm. NBGP = New Balance Grand Prix.*

1/1	Sun	11:00a	First Day 5K (Fairlawn)	5K	201-791-0101	NBGP: 5K-500pts
1/1	Sun	11:00a	Resolution Run 5K (Hillsborough)	5K	877-342-4633	NBGP: 5K-500pts
1/1	Sun	12:00p	Hangover Run (Westfield)	5K	866-841-9139	NBGP: 5K-500pts
1/1	Sun	12:30p	Hamilton Hangover Run	5M	609-890-8343	NBGP: 5M-500pts
1/7	Sat	10:17a	Freezing Cold Hash Run (Edison)	4–6M	732-572-0500	
1/8	Sun	9:30a	Fred Lebow Classic (NYC)	5M	212-860-4455	
1/8	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/15	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/21	Sat	1:00p	Beach Blast 5K (Newton)	5K	973-383-7933	
<b>1/22</b>	<b>Sun</b>	<b>9:30a</b>	<b>Frostbite 10-Miler (NYC)</b>	<b>10M</b>	<b>212-860-4455</b>	
1/22	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/28	Sat	9:30a	Manhattan 20K (NYC)	20K	212-860-4455	
1/29	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/5	Sun	9:30a	Gridiron Classic (NYC)	4M	212-860-4455	
2/5	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/12	Sun	12:30p	USATF–NJ Open & Masters Indoor Track & Field Championships (Jersey City)	Var	973-334-8900	
2/18	Sat	11:00a	Mid Winter Beach Run (Manasquan)	2M	800-435-0066	
2/25	Sat	8:00a	Al Gordon Snowflake 4 Mile (NYC)	4M	212-860-4455	
3/5	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/5	Sun	9:00a	Salsa, Blues, and Shamrocks 5K (NYC)	5K	212-860-4455	
<b>3/5</b>	<b>Sun</b>	<b>9:30a</b>	<b>Newark Distance Classic</b>	<b>20, 5K</b>	<b>973-733-3749</b>	<b>NBGP: 20K-700pts, 5K-500pts</b>
3/12	Sun	8:00a	Colon Cancer Challenge (NYC)	4M	212-860-4455	
3/12	Sun	9:00a	Men's Half-Marathon (NYC)	13.1M	212-860-4455	
3/18	Sat	8:00a	Brooklyn Half-Marathon	13.1M	212-860-4455	
3/18	Sat	10:00a	Bordentown St. Paddy's Day 5K	5K	609-298-3947	NBGP: 5K-500pts
3/19	Sun	11:00a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	
3/19	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-448-3589	
3/26	Sun	8:00a	MORE Women's Marathon & Half-Marathon (NYC)	26.2, 13.1M	212-860-4455	
3/26	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M	609-523-0880	
<b>3/26</b>	<b>Sun</b>	<b>9:30a</b>	<b>Millburn Spring Run</b>	<b>10K, 2M</b>	<b>973-376-0231</b>	<b>NBGP: 10K-500pts</b>
<b>4/1</b>	<b>Sat</b>	<b>9:30a</b>	<b>Building Tomorrows 5K (Brookdale Park)</b>	<b>5K</b>	<b>973-535-1181</b>	<b>NBGP: 5K-500pts</b>
<b>4/2</b>	<b>Sun</b>	<b>7:00a</b>	<b>Ten-Town Distance Challenge</b>	<b>14.5M</b>	<b>973-748-4688</b>	
4/2	Sun	9:00a	Indian Trails Run (Middletown)	15K, 3M	732-842-4317	NBGP: 15K-500pts
4/2	Sun	9:30a	Scotland Run (NYC)	10K	212-860-4455	
4/9	Sun	9:00a	Tom Labrecque Classic (NYC)	4M	212-860-4455	
<b>4/9</b>	<b>Sun</b>	<b>10:00a</b>	<b>Cherry Blossom Run (Branch Brook Park)</b>	<b>10K</b>	<b>973-268-3500</b>	<b>NBGP: 10K-700pts</b>
4/15	Sat	9:00a	South Orange Rotary 5K	5K	732-381-0318	NBGP: 5K-500pts
4/16	Sun	9:30a	Easter Road Race (Ironbound, Newark)	5K	973-589-7878	
4/17	Mon	12:00p	Boston Marathon	26.2M	508-435-6905	
4/22	Sat	8:30a	Draft Day 5K (Giants Stadium)	5K	732-381-0318	
4/22	Sat	9:00a	Jersey Shore Relay	25M	732-793-3000	
4/22	Sat	9:30a	Main Street 5K (Sparta)	5K	973-729-9141	NBGP: 5K-500pts
4/23	Sun	10:00a	Niketown Run for the Parks (NYC)	4M	212-860-4455	
4/29	Sat	8:00a	Queens Half-Marathon/College Point 5K	13.1M, 5K	212-860-4455	
4/30	Sun	7:00a	New Jersey Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
<b>4/30</b>	<b>Sun</b>	<b>10:00a</b>	<b>Run for Rachel (Livingston)</b>	<b>5K</b>	<b>732-381-0318</b>	<b>NBGP: 5K-700pts</b>

### 2006 USATF–NJ CHAMPIONSHIP RACES

3/5	Sun	9:30a	Newark Distance Classic	20K	All Divisions	
4/9	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	Open Women	
4/30	Sun	10:00a	Run for Rachel (Livingston)	5K	Open Women	
5/7	Sun	1:00p	Our House Run (Summit)	5M	Masters M&W	
<del>5/21</del>	<del>Sun</del>	<del>8:00a</del>	<del>Midland Run (Far Hills)</del>	<del>15K</del>	<del>All Divisions</del>	<i>Canceled? Details next issue</i>
6/11	Sun	9:00a	Portugal Day 5K (Newark)	5K	Masters Women	
6/19	Mon	8:00p	President's Cup (Millburn)	5K	Open Men	
9/17	Sun	8:45a	Joel P. Spector YJCC Run (Washington Township)	10K	Open Men	
10/1	Sun	9:00a	Liberty Waterfront Run (Jersey City)	13.1M	All Divisions	
10/14	Sat	9:00a	Heroes to Hero Run (Gloucester City)	5K	Masters Men	
10/29	Sun	10:30a	USATF–NJ Cross Country 5K (Holmdel Park)	5K	All Divisions	
11/12	Sun	12:00p	Giralda Farms Run (Madison)	10K	Masters M&W	
11/23	Thu	9:00a	Ashenfelter 8K (Glen Ridge)	8K	Open M&W	
12/10	Sun	11:00a	USATF–NJ 10-Miler (West Windsor)	10M	All Divisions	